

HEART

SOLO

IMAGINE THIS: YOU'RE ONE OF THE MOST SOUGHT-AFTER POP SINGERS IN THE WORLD, DROPPING HITS ("HEART ATTACK") THAT INSTANTLY GO MULTIPLATINUM. YOU HELP MOLD TALENT ON A HOT TV SHOW (THE X FACTOR), AND WHEN YOUR FATHER PASSES AWAY, YOU CREATE A CHARITY IN HIS HONOR. OH, AND YOU'RE ONLY 21. THIS IS DEMI LOVATO'S WHIRLWIND EXISTENCE. AS ONE OF OUR WOMEN OF THE YEAR HONOREES, THE SINGER, SONGWRITER AND ACTRESS WELCOMES LATINA INTO HER HOME TO DISCUSS THE HIGHS AND LOWS OF 2013, HER HOPES FOR THE FUTURE (HELLO, BABIES) AND LIVING LIFE TO THE FULLEST.

BY JESÚS TRIVIÑO ALARCÓN
PHOTOGRAPHS BY JOHN RUSSO

LET'S START WITH WHAT DEMI LOVATO ISN'T,

which is the kind of 21-year-old who's too self-absorbed to listen to advice, who mindlessly parties like it's 2013 and wanders through life without any realistic goals. No, this young woman is the complete antithesis of that 21-year-old. Yes, she's a judge on Fox's music competition show *The X Factor*. Yes, she's a *Billboard*-charting musician—her fourth album, *Demi*, sold more than 100,000 units in its first week and its lead single, "Heart Attack," has sold more than 2 million units. And this fall she returned to acting with a six-episode arc on *Glee*. But she knows there's more to life than career success. Lovato has survived her own personal storm and come through with a wisdom beyond her years. Her mature demeanor is a positive by-product of her struggles with depression, bulimia and self-mutilation, which led her to rehab in 2010.

Case in point, for her 21st birthday on Aug. 20, she didn't treat herself to a party yacht in St. Tropez. "I noticed that there's this perception, on turning 21, that you have to go out and get drunk," she says. "It's different for me because I'm in recovery. I also want to set an example for others. You don't have to booze it up—you can do something else." Instead, she opted to go on a goodwill mission to Kenya under the auspices of Free the Children, a global charity she supports, to help build a medical center and a school. "I looked at the proposed dates and it happened

to fall on my 21st birthday," she says. "I took it as a sign from God that this is what I'm supposed to do."

Lovato says her trip to Kenya was an incredibly touching experience. "At one point this 2-year-old boy named Ian came over. I picked him up and we just connected. He was just so sweet, and he kept saying my name over and over again. It was really hard to say good-bye to him. They also held a birthday celebration for me. They gave me a goat, which was pretty cool!"

Craig Kielburger, 30, cofounder of Free the Children, says, "Demi would sit on the mud floor with the mothers and do beadwork or walk barefoot alongside the women to get water from the river. There are celebrities who lend their names to causes and then there are celebrities who really give themselves to a cause. Demi is one who gives her heart to a cause in a very authentic way."

Walking into Lovato's Los Angeles condo is like entering the right side of her brain—creativity in every corner. Her living room is sleekly modern, with white walls and lush purple couches. A white Yamaha baby grand piano sits by a window overlooking Wilshire Boulevard, a life-size plastic sculpture of a white horse adjacent to it. Her shelves display the 2012 MTV Video Music Award she took home for her inspiring song "Skyscraper," as well as a silver statue of Buddha.

While her living room calms the senses, her bright-pink dining room crackles with energy. A large painting of Marilyn Monroe dominates the space, with a black, gothic-styled chandelier hanging over the main table, where Lovato sits in her oversized University of Texas Longhorns T-shirt—a nod to her home state. Right now she's being styled, coiffed and manicured for tonight's third-season premiere of *The X Factor*. Her lips, carefully painted a deep red, will be seen in HD by an audience of millions, and she wants to shine.

Guiding young musical talent isn't Lovato's only job at the Fox network—she also appeared on *Glee* this fall, her first acting role since she worked on the Disney Channel's *Sonny With a*

Chance in 2011. Lovato's loyal fans, both Lovatics and Gleeks, are clamoring for more now that she has portrayed Dani, coworker and love interest of Santana (played by Naya Rivera), a daring development that raised some eyebrows.

"Yes, we kissed in the first episode," Lovato says, "but I want people to pay less attention to the fact that I'm kissing a girl. Focus on the fact that having a young, multicultural lesbian couple on prime time is a huge step in our generation. It's showing people that it's okay to be who you are. Don't be ashamed of it."

Having lived in the spotlight since childhood—at age 7, she was already appearing on *Barney & Friends*—Lovato has learned it's best to remain true to who you really are. And the real Lovato never holds back—she's been up front with her fans about her mental health issues and a role model for teens going through the same struggles. This summer she suffered more tough times—her biological father, Patrick Lovato, died of cancer. Even though their relationship was strained and she wasn't able to see him before he died, Lovato responded constructively. In memory of her dad, she launched the Lovato Treatment Scholarship, which helps fund mental illness and addiction treatment at CAST Recovery Services in L.A. "The process is getting them through treatment, giving them the support that they need," she says. "Just making sure they get their two feet on the ground."

To remain stable and clearheaded—no easy trick for anyone, let alone a young celebrity—Lovato counts on her family and closest friends, some of whom are also in therapy. Spirituality is a key component of keeping a healthy balance in life, Lovato believes. Though she's Christian, you probably won't see her at Sunday services. Still, Lovato says, "I'm the closest that I've ever been to God. I have my own relationship with God and that's all that matters to me."

She also finds that hiking and songwriting contribute to her recovery. "I want to make music that is played on the radio but at the same time is

Top by Ekaterina
Kukhareva. Earrings
by Swarovski.

MAKEUP BY JILL POWELL AT DEW BEAUTY AGENCY. HAIR BY ADIR ABERGEL AT STARWORKSARTISTS.COM.
STYLING BY ANGEL TERRAZAS/AM ARTISTS. MANICURE BY STEPHANIE STONE FOR GOLD GRENADA AT
NAILING HOLLYWOOD. VIDEOGRAPHY BY RYAN ROMERO.

respected lyrically,” says Lovato, who will embark on her Neon Lights tour in support of *Demi* starting in February.

As this year winds down, Lovato, who’s of Spanish descent, turns her attention to her holiday memories. She always had a grand time with her stepdad, Mexican American Eddie de la Garza, and mother, Dianna, running around doing last-minute errands in order to celebrate with both his family and hers.

“You’d go to my stepdad’s family’s house and it was a whole different world,” she remembers fondly. “It was crazy, fun, wild and outgoing. It’s that loud Latin family that we all have. On the other side, my mom’s family is totally redneck. I got to see two totally different cultures.”

Lovato says she’s anxious to start her own family, but realizes she’s still too young and that there will be time enough down the road to change diapers and set up playdates.

“I’m a Texas girl, so my instinct is to have babies early,” she says. “In my heart I’m like, ‘Okay, it’s time to have babies!’ But it’s not. I have so much life ahead of me that I actually have to slow my roll. We’ll see where my life is in 5 years, but I definitely see myself as a mom in 10.”

For now, Lovato is fine with using other people’s babies to put a smile on her face when she’s feeling down (“Chubby brown babies! Any babies!” she laughs). When she is ready to officially settle down, she knows exactly her type. “I look for someone who makes me laugh,” she says as a dozen withering red roses sit in a vase behind her on the dining room table. “Because 20, 30 years from now, sometimes the spark fades, but when you’re with someone who’s your best friend—that’s what makes a relationship last.”

And you can’t get there, she knows, without first being your own best friend.



THIS PAGE: Top by Valerj Pobega. Skirt by Just Cavalli. Earrings by Erickson Beamon. Cuff by Isharya. Shoes by Ruthie Davis. Belt, stylist’s own. OPPOSITE PAGE AND PAGE 98: Gown by Pia Gladys Perey. Bracelet by Erickson Beamon. Earrings by Karine Sultan. Ring by Isharya.

